

KEEPING TRACK

Week of: _____

Print out this chart to keep track of the number of servings you eat. This will let you see how easy it is to fit at least 5 a day into your diet. If you need help increasing the number, go to the "How To Eat 5 A Day" section and use the checklist below.

	Breakfast	#	Lunch	#	Snacks	#	Dinner	#	Total
Sunday									
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Example:	*1 banana *3/4 c. juice	2	*small salad *lettuce & tomato on sandwich	1 ½	Apple ½ grapefruit	2	1 cup broccoli 1 potato	3	8 ½

CHECKLIST OF CHANGES

Print out a copy of the checklist. Choose one of the action steps and try to make this change. Every other week, choose another to work on. Once you have mastered a change, check it off. For best results, start with the ones that are easiest for you to do. These are lifelong changes, so do what works for you! If these don't fit into your lifestyle, add some of your own in the space provided.

- ___ Drink 100% fruit juice instead of soda, fruit drink, tea, or coffee.
- ___ Add a fruit to your breakfast. A banana in your cereal or a cup of 100% juice with your toast - or both!
- ___ Fill your plate with an extra serving of vegetables at dinner.
- ___ Add cooked dried beans or peas (ex., kidney, black, white, chickpea, black-eyed, . . .) to your casserole, soups, stews, and sauces. See "Recipes" for ideas.
- ___ Eat a piece of fruit for your snack once a day.
- ___ Bring a piece of fruit or cut-up vegetables to work with you.
- ___ Choose a baked potato, vegetable soup, or a salad instead of French fries.
- ___ Eat a meatless dish packed with vegetables once a week.
- ___ Eat a piece of fruit or fruit salad for dessert.
- ___ Try a new vegetable recipe once a week.

Add your own goals here:
